

NEWS

Men's and Women's Soccer Teams Sport Two Sets of Siblings

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CONTRIBUTING WRITER

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Everyone gets competitive at some point in their lives.

The competition may have to do with a job opening, a spot in the orchestra, or playing time on a sports team. But how many times can you say you have been able to compete against your brother or sister, or even compete alongside them?

Dani Douglass '14 and Amanda Douglass '15, sisters on the women's soccer team, as well as Josh Ferguson '17 and Jordann Ferguson '15, brothers on the men's soccer team, have been fortunate enough to compete with each other during their college career.

The Douglass sisters played organized soccer together for ten years on club teams, high school teams, and now at LVC.

"I guess we are just so used to being around each other I just feel comfortable knowing that she has my back on the field," says Dani. "We have each other's backs and root each other on all the time and we get along very well which is nice."

The Ferguson brothers have been playing soccer for about

six years in organized soccer programs, but now they play on the same team.

"It's definitely fun. Jordann got hurt his senior year, so we only really played together his senior year in high school, so it's nice to be playing with him again," says Josh. "We have chemistry, being brothers and everything, and that works out nicely on the field."



From playing together so long, the Douglasses and Fergusons find it second nature to know where the other is on the field.

"I feel like Dani knows where I am running regardless of where I am going," says Amanda Douglass.

Dani thinks it is her sister's personality on the field that helps her locate Amanda. "I think it is just her loud mouth that helps me find her on the field," she says.

Josh assisted Jordann on his first collegiate goal.

"We connect with each other more than other players. We knew where each other were at and we feed off of each other," Josh says.

After playing with each other for so long, these siblings were destined to create a lot of memorable moments, some good, some bad, and some funny.

One moment the Ferguson brothers will never forget is when Josh scored his first collegiate goal. "He was going berserk, jumping on me. It was just fun to see him score his first and cool to see how excited he was like he never scored before," Jordann says.

The Douglass sisters will always remember their contrast in playing styles. Dani is a more quiet and reserved player while Amanda is very emotional, passionate, and intense.

"If another girl on the other team comes after Amanda, you will see it in her face. Amanda will hunt her down and take her out," says Dani. "It's even funnier if someone takes me out cause then she goes around asking everyone what number the girl was. Don't mess with Amanda."

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Green Dot: How it will benefit LVC, how to get involved

Continued from Page 1

a level of community ownership or knowledge of the prevalence, causes, and consequences of violence on campus, Lebanon Valley College is a 2 or 3 on the campus readiness prevention scale. This means that LVC either denies or has a vague awareness of campus violence.

LVC's low rating on the campus readiness prevention scale could be explained by this being the first year that Green Dot is being implemented with campus policy; this preliminary testing will serve as a baseline for future samples. The program's goal for this school year is to raise awareness that violence does occur at LVC and to give students the necessary provisions to help with any

possible violent situation.

How Can I Help?

The easiest way to help out is to spread the word about the Green Dot program, but students who want to do more can attend a Green Dot Ambassador Training Seminar on September 29th from 1 p.m. to 5 p.m. in Neidig-Garber 203. This training counts towards students' community service hours because this training directly benefits people who experience abuse.

To sign up for training, go to www.lvc.edu/greendot and click on Events and Training on the left-hand side under Green Dot @LVC. Once the new page has loaded, click on Register and fill out the registration form. Space is limited to the first 25

students; however, if there is demand for more space, a second training date will be created and announced at a future date.

Contact Information

If you have any concerns about a violent event, contact Dr. Stevie Falk, Director of Counseling, at falk@lvc.edu. If you want to know more about Green Dot, contact Dr. Marianne Goodfellow, associate professor of Sociology, in her office in Humanities 202, by phone at 717-867-6157, or by email at goodfell@lvc.edu. For additional information on Green Dot, please visit www.lvc.edu/greendot or www.livethegreendot.com.

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CAMPUS

CRIMEWATCH

All information courtesy of the LVC Department of Public Safety

9-16-13 | Sports Center

Student and alumni were arguing.

9-17-13 | Funk West

Strawberry fruit smoothie thrown against the wall.

9-17-13 | Funk East

Student's mailbox damaged.

9-18-13 | Funk West

Blue light alert.

9-18-13 | Funk West

Narcotic drugs present.

9-20-13 | Chapel Grounds

Possible drug deal.

9-21-13 | Bishop Library

Fire alarm went off, but no signs of smoke or a fire.

9-22-13 | Dellinger Hall

Obscene drawing; chairs were taken; elevator lights were unscrewed.

9-22-13 | Mary Green Parking Lot

Student's car window was completely shattered.

9-22-13 | Summit Street

Student was located at the railroad tracks; student was okay.

9-22-13 | Humanities

A pair of sunglasses and a key ring with mini-cards were found.

Please report any suspicious activity to Public Safety at x6111.

Corrections & Clarifications

It is our continuing goal to provide readers with complete and accurate information. To that end, we welcome and encourage notification of any mistakes. Readers who wish to submit corrections should send an email to lavie@lvc.edu, subject line: Corrections.

NEWS

Depression: Resources on campus that help students cope with depression

Continued from Page 1

Though sexual assault and drug and alcohol abuse may be easier to notice on campus, many students on campus still feel a sense of depression. According to a study conducted by the National Institute of Mental Health, about 30 percent of college students reported feeling depressed in 2011. A study conducted by Emory University reports that suicide rates at college campuses range from 500 to 7,500 per 100,000 among college students.

"Last year I saw probably about 120 students," says Falk. "Depression was the number one diagnosis that we saw here."

The term "depressed" is thrown around in everyday jargon, but clinical depression is different from having a bad week and feeling upset. Being able to know the difference might help students seek the help they need.

"Depression is a mood disorder, and it is not just feeling sad. Some people aren't sad when they're depressed. It's a physical experience. It affects the body, your sleep and your eating habits," says Falk. "There's an emotional piece to it, of course. Some is sadness and tearfulness. There's a hopelessness, a helplessness, [a sense that] things won't get better. They might identify an irritability, an agitation, people that are really, really angry. They could be depressed and not just have anger management issues."

There are other forms of emotional distress. Are you having a bad day or week? That's dysthymia, a depressive disorder but not depression.

"There's this normal fluctuation of mood. Sometimes we're happy-go-lucky and having a really good day. And other times we're not having such a good day or we're feeling a little down. But that's not depressed," explains Falk. "They talk about if

somebody is dysthymic if they're like Eeyore in *Winnie the Pooh*. That's dysthymia."

The difference between depression and dysthymia also relates to how depression is diagnosed in patients. Depression is feeling like you can't get yourself out of bed, feeling exhausted and fatigued and not just tired. "It's a sustained mood for more than two weeks," says Falk.

Often times, depression goes hand-in-hand with suicidal ideation. "Suicidal ideation means that they will not act upon their thoughts but have thought about it," she says. "It is an issue on campus."

Depression can make a student miss class, put off work, and slip into a routine of not being involved. It can turn into a disability if not treated, but the staff at Counseling Services work hard to prevent this from happening.

"Depression is a mood disorder, and it is not just feeling sad.... It affects the body, your sleep and your eating habits.... There's a hopelessness, a helplessness, [a sense that] things won't get better."

DR. STEVIE FALK
DIRECTOR OF COUNSELING

Depression typically appears for the first time in college aged students (18-22) and can affect anyone, male or female. Those who have a familial history of depression run a larger risk of developing the illness.

Despite the large number of students who feel depression, few education sessions regarding depression or suicide are led on campus. There are outlets for students on campus that are not as well known. They include the 5050 Peer Helpers and Counseling Services.

The 5050 Peer Helpers are a team of students who have been trained by the Counseling Services staff to deal with student issues by speaking with students in a one-on-one session about their problems. The 5050 Peer Helpers for the 2013-2014 academic year are Kari Mahool '15, Darryl Sweeper '15, and Cameron Venable '14.

The 5050 Peer Helpers have a program written by Dr. Falk to raise awareness about depression and suicide prevention. "They're to do it with RAs, with Peer Mentors, with Res Life, but no one invites them to do it," says Falk. "Unless

it's mandated, people don't show up. That's part of the problem."

"I have no idea why the RAs don't use us," says 5050 Peer Helper Cameron Venable '14. "I think they forget about it, even though we advertise it so much. Maybe they feel they won't get a big turnout if it's something serious. Or maybe they just think it's too official, even though it's not."

Counseling Services was used by more than 1,000 students last year to help with problems. Many of those students were diagnosed with depression or mood disorders. Falk and the other members of the department try to help students to cope with depression or mood disorders.

"We try to treat the depression first," says Falk. "I'm a psychologist. I do psychotherapy and a lot of evaluation and assessment, but then we use that information to actually treat the person. We don't prescribe medication."



DR. STEVIE FALK

Dr. Stevie Falk, Director of Counseling, is a licensed psychologist who helps students to cope with depression or mood disorders through psychotherapy and appropriate treatments.

Alta Landis is the school's professional counselor. She has a Master's in Psychology from Millersville University and does therapy, but she differs from a psychologist in that she doesn't traditionally focus on the evaluation or assessment of patients. A psychiatrist is a Doctor of Medicine and will usually use medication to treat the symptoms of depression.

"She's still a really good diagnostician because she's got a lot of experience in the field and really good clinical judgment," adds Falk.

LVC's on-campus psychiatrist, John Biever, uses a mixture of both medication and self-hypnosis as a way to relax and center one's self. "He's not out to put everybody on meds," says Falk.

National Depression Screening Day will take place on October 15, 2013 in Mund from 11 a.m. to 1 p.m. All students are invited to attend and encouraged to participate.

Letters to the Editor

La Vie Collegienne requires all Letters to the Editor to contain the author's name, telephone number, and e-mail address. No initials or pen names will be accepted. *La Vie* does not publish any anonymous letters.

Telephone numbers and email addresses are required for verification. They will not be printed.

Letters should be no longer than 200 words. All letters for submission become property of *La Vie Collegienne*. *La Vie* reserves the right to edit for length, accuracy, and clarity. Submissions may be edited and may be published or otherwise refused.

Letters, columns, and opinion-based articles do not necessarily represent the views of *La Vie* or Lebanon Valley College.

Submissions may be e-mailed to lavie@lvc.edu, hand-delivered to our Mund office, submitted to lavieonline.lvc.edu or mailed to the address below.

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La Vie Collegienne is published every Wednesday of the academic year. Meetings are held Mondays at 5:15 p.m. in our Mund office. We're always looking for new writers!

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FEATURES

The ups and downs of living off campus at LVC

AMANDA SEALE '14
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CONTRIBUTING WRITERS

Although Lebanon Valley College encourages its students to live on campus, when there are more students than there is dorm space, Residential Life opens up a lottery system to allow students to live off campus while still being considered a college resident.

According to the Lebanon Valley College's student handbook, a commuter is someone who "lives within a 60-mile radius of the campus and commutes from their parents' or guardians' home or legal residence on a daily basis."

The college has 265 commuter students and 1,280

campus residents. As of Fall 2013, there are 397 new residents (including transfers) and 883 returning residents. 73 students in the class of 2014 were granted permission to live off-campus.

While the student handbook and the LVC website, <http://www.lvc.edu>, provide details on the residency policy, commuter status, and special housing accommodations and exemptions, they mention little about the off-campus living policy. According to Michael Diesner, Director of Residential Life, there is a policy; however, the policy may change from year to year, depending on the size of the senior class, the number of incoming freshmen, and the projected amount of available

beds. Those factors determine how many students are allowed to live off campus.

In 2011, the off-campus policy guidelines were established because the college was enrolling more students than there were available beds. That was the beginning of the campus lottery system.

During the spring semester, juniors will receive an email about the following year's off-campus allocation. The size of the junior class and the availability of beds determine how many students can request to live off campus.

Living off campus is not a sure thing. For example, there may be an allotment of 50 students who are permitted to live off campus. To qualify for off-campus living, students must enter the lottery. If a

student is selected from the lottery, then they must obtain forms from Residential Life, complete them, and return them in order to continue through the process.

"I think that a part of being at LVC is *being* at LVC. You are learning from one another in close proximity, being around other students and challenging one another. A lot of that comes from simply being in the same space, so I am a big fan of the residential portion of campus," says Diesner.

Students who receive permission to live off campus live in Annville, Cleona, Palmyra, and Lebanon. Diesner believes that finding an apartment in the surrounding area is hard and that, depending on the student's lifestyle, the costs

of living off campus could potentially equal the same amount as living on campus.

Living on campus in a traditional dorm costs \$2,240 a semester, or \$4,480 a year. Though students who live off campus don't have to worry about these costs, they still need to pay for gas, food, utilities, and other costs that result from living with other people.

Out of a handful of students interviewed, most said that they would prefer to live off campus again next year, if given the opportunity. They said living off campus was cheaper than living on campus, but a couple of interviewed students said living off campus was more expensive.

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DigiCOM develops new user experience concentration

MORGAN HARTMOYER '15
BRITTANY BAIRD '15
CONTRIBUTING WRITERS

Three semesters from now, a new concentration that examines how people interact with technology and evaluate the practicality of apps, programs and devices will be added within the Digital Communications Department (DigiCOM).

That concentration – User Experience (UX) – will help students to create a better human/technology interactions.

"A web page that is interactive and has content, functionality, and features that require a degree of interaction that doesn't really exist until you have a person interact with it," says Dr. Jeff Ritchie, Chair and Associate Professor of Digital Communications. "That experience is what drives a lot of people."

Ritchie says user experience is about designing usable systems, apps, or sites that are a joy to use. UX is about prototyping and testing ideas in order to design more effective and pleasant interactions. UX concentrators observe, research, design, and prototype.

UX concentrators will be required to take the following courses: Prototyping, Experience Design, Advanced Usability and Research Methods in Psychology, and a 300 level course from the numerous design classes within the department. Two additional classes have been added to the curriculum, but have not yet been given descriptions. As part of taking these courses, DigiCOM students will take field trips to Hershey Park and the Apple Store to see how

user experience has helped companies design amusement locations and more successful merchandise.

Apple is one of the most successful technology companies in the world because it focuses on functionality. For example, the iPad "at one time was difficult to pick up," says Ritchie. "Apple saw people had this difficulty and created a beveled edge on the newer version to make it more user friendly."

The concentration was added for two reasons. First, the department was revising and expanding the

curriculum, and many of the core elements of the major already focused on UX. Second, the



creation of the UX concentration originates from trends in the realm of digital communications.

"Working in digital media increasingly involves creating experiences for users through the layout and selection of design elements, to the copy and content included in a site, to the design of interactions and functionality," says Ritchie. "User experience design sprouted into a full-grown field. Given that a number of DigiCOM alumni were finding great jobs in UX, it was an easy leap to consider

creating a concentration."

DigiCOM majors agree that studying User Experience will be an asset in the job market.

"Adding the concentration allows students to better qualify themselves for a job in this field," says John Bair '15. "User experience requires a great knowledge of human behavior, as well as great research skills. The courses in the new concentration will allow students to learn and master those skills that otherwise might have been difficult to obtain in the core DigiCOM classes."

Digital Communications majors see the development of the new UX concentration as a natural progression.

"We start off freshmen year by talking about who is going to use our projects and how people might do things differently to get the task accomplished," says Amanda Seale '14. She says that "user experience is key to creating simple, easy-to-use products," and that it was only time before the Digital Communications Department created a concentration

to meet these needs.

"This is a great way to learn more about the changing user. The User Experience concentration is designed to teach the creator [DigiCOM students] how to see what the user sees," adds Melissa Schielzo '15. "I personally really enjoy seeing what the user does and how they react in testing, which will result in the users overall experience. I find the field extremely interesting."

The Digital Communications majors' only complaint was that the UX concentration was not created sooner.

"I wish video and user experience were added a few years ago because I think that I probably would have chosen user experience as my concentration," says Seale. "Unfortunately, since I am a senior, I don't have the time to fit in user experience classes."

Communications majors and interested students are invited and encouraged to enroll in the courses as early as spring 2015.

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ARTS & ENTERTAINMENT

Hispanic Heritage Month Brings Authentic Hispanic Culture to LVC

MARIE GORMAN '17
STAFF WRITER

In 1968, President Lyndon B. Johnson established National Hispanic Heritage Week, and in 1988, President Reagan expanded it into a month-long celebration of Hispanic culture, lasting from September 15th to October 15th. Lebanon Valley College is currently celebrating the national tradition, which began on September 15th with an opening dinner in Mund and will conclude on October 30th with the Noche Caribena celebration at the Underground. A variety of other cultural activities have been planned intermittently throughout the month, which are "a unique opportunity to present another culture in an accessible way to those who do not have the ability to interact with it on a daily basis," according to Spanish and International

Studies major Katheryn O'Hara '15.

Though the opening dinner for Hispanic Heritage month, provided by Metz in Mund Dining Hall, and the presentation of the film *Real Women Have Curves* at the Friendship House have passed, there are still many ways to get involved in the coming month. The first of these opportunities is an installment of the Chapel Concert Series, featuring award winning Christian recording artist Jaci Velasquez and her husband, Nic Gonzales, lead singer of the Nashville-based rock band Salvador. The concert is an opportunity for students and faculty to experience a traditional aspect of everyday life—music—with a culturally enlightening twist, as Velasquez will be singing in both English and Spanish. The concert begins at 7 p.m. on Friday, September 27th, in Miller Chapel, with an opening by LVC stu-

dent and Christian recording artist Cristabella Braden '15. Tickets cost \$5 for students, and \$11 in advance and \$15 at the door for faculty, respectively.

While several Heritage Month activities are centered on education through entertainment, the First Thursday Latino Networking Event in Lancaster, PA, is a chance for students to make professional connections with a cultural basis. The event opens at 6 p.m. on October 3rd. Students interested in attending must sign up on Redbook, as there is limited space available. Redbook can be accessed through the MyLVC site, under the myCampus tab.

In collaboration with Juniata College, guest speaker Yovanny Polanco, Executive Director of Centro Cultural "Guanin, Inc.," will be speaking at 7:30 p.m. on October 16th in the Tweedie Conference Room in

Mund College Center. The company, based in the Dominican Republic, is a non-profit charitable organization and is the focus of Polanco's mission to providing for the social, educational, and medical needs of the Dominican-Haitian community. Her presentation at the college will address the aforementioned issues and "the ways in which college students can become involved through service opportunities," says Venus Ricks, Director of Multicultural Affairs.

The fun and festivities continue with a Salsa Dancing 101 course on October 17th at 6 p.m. in the Underground, followed by a screening of the documentary *The Dream is Now* and an attendant discussion on immigration reform at 6 p.m. on October 24th in Miller Chapel. The documentary, directed by Oscar-winning filmmaker Davis Guggen-

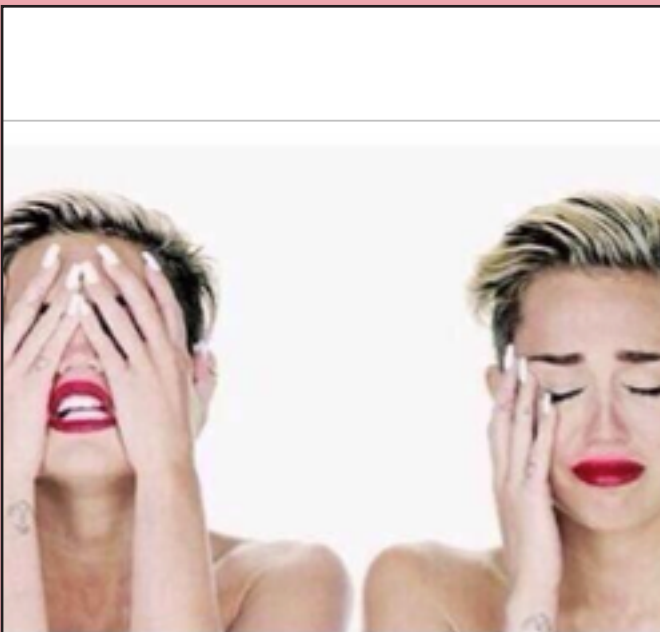
heim, is concerned with the unique position of the group of young undocumented immigrants known as the "Dreamers." The film takes an individualistic approach to examining America's broken immigration system, and the economic and ideological losses that occur as a result.

The month will then conclude with the Noche Caribena: an evening of food, dancing, and music in the Underground on October 30th at 6 p.m. When asked, both O'Hara '15 and fellow Spanish student Amisha Lala '15 expressed a desire to attend the month's activities and considered Hispanic Heritage Month an important opportunity for a high-impact learning situation outside of the classroom and a chance for a broader perspective on events happening in the outside world.

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MILEY CYRUS: Pop star baffles students, critics with bizzare "Wrecking Ball" music video

Continued from Page 1



Lets get something straight. You guys don't understand my music video. So let me explain it to you. I kiss the sledge hammer to show that I secretly still love the pain. I'm naked to show how Liam destroyed me, I emotionally become "naked and stripped" meaning I'm hurt on the inside. The wrecking ball symbolizes a destructive love, hence the song title. (The wrecking ball breaks the walls and I'm left laying in the remaining of it) so instead of calling me a "slut" or a "whore" realize I'm trying to tell a story of a love that went wrong and destroyed me emotionallv.

response to her video. "I think the video is much more. If people get past the point I make, and you actually look at me, you can tell I look more broken than even the song sounds," she explains. "If people can take their minds off the obvious and go into their imagination and see what the video really means, it is so vulnerable.... If you look at my eyes, I look more sad than actually my voice sounds on the record. It was a lot harder to actually do the video than it was to even record the song. It was much more of an emotional experience."

"What was she thinking?" some LVC students are asking.

Here's a sampling of student reactions to the video:

"Ok, so where to start with this horrendous image that cannot be erased from my mind. When I first heard the song, I was like, 'Wow! I actually like a Miley Cyrus song.' The song reflects what I am going through, especially since it is the same dilemma Miley herself is going through: breaking up with my fiancé, not making a fool of myself, and going through a downward spiral.

"I think Miley is craving attention, no matter it be good or bad. She is a joke and I hated her back in Hannah Montana because I could just tell she was going to be a head case and make

a fool of herself. Well, here is that moment."

Francesca Pizzurro '16

"I personally don't like it, just for pure fact that I don't think it's necessary to be swinging around naked on a wrecking ball or licking a sledgehammer ... It could have been done with clothes on honestly."

Lauren Steo '15

"Although I really love the lyrics and meaning to this song, the music video was way too scandalous for my liking. From a public standpoint, Miley Cyrus could have performed this song in a less risqué manner and still portray the same amount of emotion that she was attempting to do."

Jessica Zaleski '15

"I mean the video is kind of raunchy... but after reading the explanation of it, it makes sense, but people need to realize that she isn't Hannah Montana anymore and she's her own person with her own style. She wanted people to talk about her, and between the VMAs (Video Music Awards) and the video she definitely got what she wanted."

Alexis Lelii '14

"I was shocked! For years, my cousin made me watch Hannah Montana. She was relatable back

then because in the show she was going through the same problems a teenager goes through. I thought that she could have done a much better job if she expressed herself in a different way."

CJ Sayous '15

"She is acting like she is a strong player in the music industry. Just like the song name, she is using a wrecking ball to destroy her public image."

Dave Corvino '16

"What type of drug is she on? I want to know what her future children will think of such a stunt. I heard about the meaning behind her actions in the video, but I still believe it did not work out the way she wanted it to. She needs to figure out what she is doing with her career."

Colin Cathermen '15

"I know what emotions she is trying to convey in the video and the message is not that bad. It is just that she could have done this in many other ways that can be better."

Dan Weinell '15

Decide what you think about the video at <http://youtu.be/My2FRPA3Gf8>.

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PERSPECTIVES

Great Things to Do on Weekends on Campus

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CONTRIBUTING WRITER

Campus weekends: full of dancing, comedians, events, and sports games.

Those are some ideas that come to students' minds when asked about weekend life on campus. From the thrill of being at sports games to the classic dance music blaring in the Underground, weekend life is always hopping with things to do.

Incoming students always want to know what the college does for fun and what events happen on campus to keep students interested and engaged on weekends. Matt Dwyer '14, a Biology major, is the head of the Student Programming Board, who put together these events on campus. He explains what their involvement is and how the board chose the events.

LV: How do you pick and choose events for the students on campus?

MD: The Student Programming Board meets once every week to discuss previous events, upcoming events, and miscellaneous activities that we provide for the school. As for the comedians, we attend regional conferences and view performers in the hopes to bring them to our campus. We also contact agencies for their recommendations. As a club we also talk about what Saturday Bus Trips have worked in the past and what students would like to see in the future. Most of our common hour activities exist due to their popularity, such as creating your own stuffed animal. For all of our events, we analyze the feedback from students in order to get more attendance at future events.

LV: What activities are you in charge of?

MD: Our main responsibilities include the Friday night comedians, Saturday Bus Trips on Red-

book, MJ's Coffeehouse Series, and supporting other clubs on campus, such as ValleyFest. We also participate in many common hour activities such as the De-Stress Break. Many times we will collaborate with Student Government on events.

LV: What do you do on the weekends?

MD: On the weekends I love to take advantage of the Redbook events. Many people still don't realize they exist and that they are free! Besides Redbook, I find myself catching up from the week with additional work or just simply relaxing. I am a restaurant enthusiast and love to leave campus for a little with friends to grab some food.

LV: How do you advertise the events and get them noticed?

MD: We have publicity chairs in the club that are very efficient in getting the word out through flyers, Facebook, Twitter and new this year our SMS texting system. Simply texting SPB2013 to 84483

allows you to receive event notifications via text message!

LV: What involvement do you have with the Redbook events?

MD: The most involvement! SPB creates the Redbook events for students to sign up and enjoy, then they are released online. Other heads of departments like Chaps have access to Redbook as well for the community service activities.

LV: Do you have restrictions on the performers?

MD: We have no restrictions for the performers. Many will ask what not to say but we pretty much grant them full permission to say what they want! They use their best judgment for how the crowd will respond and we help clue them in on what the low down is here at LVC.

So, what do the students on the Lebanon Valley College campus do on weekends?

Andrea Lisowski '15, a Physics major, has a set weekend sched-

ule. On Fridays, she spends her evenings working as an instructor of a high school guard team at football games. On Saturdays, she performs at LVC football games in the Indoor Color Guard, then works at high school marching competitions. On Sundays, she relaxes with her boyfriend and completes her homework.

Melissa Brosh '14, a Psychology major and captain of the LVC Field Hockey team, likes to attend LVC sports games and go to the comedians in the fall, as the team is on a dry season. In the spring, she likes to go to the bar with friends and have a drink one night, but during the rest of the weekend she loves spending time hanging around with friends.

Whether it'd be cheering at the sports games or laughing until your ab muscles hurt, LVC has fun-filled weekends for all students to enjoy.

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Valley's Voices:

Freshmen share their first LVC experiences

Compiled by Erika Fisher '17
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Freshman year is full of adjustments, and often just as many missteps. From waking up late for classes to encountering terrifying campus squirrels, each day is a learning experience potentially filled with humor and excitement. *La Vie* takes a look at some misadventures members of the class of 2017 have experienced in their first month of college.



Ashley Davis '17
Digital Communications Major

"One time I was in a commuter lounge with a bunch of friends and we played 'the floor is lava' for about a half an hour. We also had some pretty epic pillow fights."



Dana Snyder '17
Actuarial Science Major

"I forgot my card in the room and couldn't get back in the building. I wasn't used to the card system yet. I had to text my roommate for her to let me in, but I was able to get in before she came down."



Derek Null '17
Computer Science Major

"The first Thursday of classes, I was still getting used to the 8 am classes, so waking up wasn't quite part of my routine yet. Waking up at 7:59, I realized just how fast you can get from the third floor of Mary Green to the computer science lab of Lynch: four minutes."



Janelle McCarthy '17
Early Childhood Education and Special Education Majors

"I didn't realize that my class got changed from the basement of the chapel to the third floor of humanities. And my shoes didn't fit and they were flopping on and off. I was running barefoot across campus trying to get back up to the third floor of Mary Green to get my schedule and find the right spot."



Jeanette Tropp '17
Historical Communications Major

"I was going for my afternoon run and I was about to do hill sprints near the cemetery. When I was about to start, a squirrel came down from a tree and sat there and looked at me. I thought it was cute and it was staring at me. And then it jumped from the tree and bound at me. I backed away and it sprinted at me. So I turned around and sprinted away off campus to get away."

SPORTS

SCHEDULE

Wednesday, 9/25

Women's Soccer
vs Haverford College
4 p.m.

Field Hockey
vs Susquehanna University
7 p.m.

Men's Soccer
at Misericordia University
7 p.m.

Friday 9/27

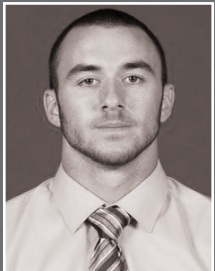
Women's Volleyball
vs Washington College
4 p.m.

Women's Tennis
at Goucher Open
TBA

For more results, visit
GoDutchmen.com

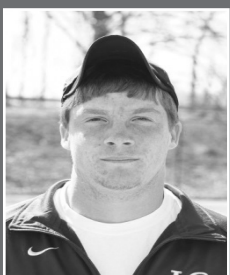
ATHLETES OF THE WEEK

FRANK GAFFNEY FOOTBALL



Coming off a weekly Honor Roll award, Gaffney was named the MAC Defensive Player of the Week after football's 38-17 win over King's. He finished the game with 10 tackles (four for a loss) and

RYAN WEITZEL MEN'S TENNIS



On a 4-0 start to the season, Weitzel was a two-time winner in the men's team's latest match against Arcadia. He took No. 1 singles 6-0, 6-2, and paired with Pat Jones '15 for a 9-7 doubles win.

Goalie Becca Sykes '14 three consecutive shutouts leading women's soccer to success

Last week, tied 0-0 with Muhlenberg, came back to beat Eastern 3-0

CODY MANMILLER '16
STAFF WRITER

The women's soccer team is playing the best soccer of the season.

This week, they played two home games against Muhlenberg College and Eastern University. After drawing with Muhlenberg and beating Eastern, the Dutchmen have not lost once in their last five games.

On Tuesday, Muhlenberg traveled to Annville and both teams walked away with a 0-0 tie. After 90 minutes and two overtime periods, nobody was able to put the ball in the back of the net.

LVC dominated in the shots department with 20, compared to Muhlenberg's eight. Amanda Wong had to make 12 saves for Muhlenberg. Amanda Douglass, Sarah Dowhower, Heather Tran and Sammy Bost all took three shots to lead Lebanon Valley.

On Saturday, the total shots were very similar but the scoreboard was a lot different.

Lebanon Valley defeated Eastern University 3-0 to improve



KICKIN' IT Lindi Crist looks to boot the ball up field to a team-

their record to 4-2-2. LVC recorded 21 shots and only gave up seven. Heather Tran, Lindi Crist and Sarah Dowhower were the goal scorers for the Valley. Becca Sykes had three saves en route to her third straight shutout in goal.

With Sykes outstanding play in the past two games, she was honored with the Commonwealth Conference Player of the Week award. Sykes has now recorded three consecutive shutouts, totaling four in just eight games.

On Wednesday, LVC is home for the fourth straight game against Haverford and then on the road at King's College on Saturday.

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Volleyball captures Bridgewater Quad title

DAN CALLAHAN '14
SPORTS EDITOR

It was an eventful weekend for LVC's women's volleyball team, to say the least.

The 12-2 squad took their talents to Bridgewater, VA and captured the Bridgewater Quad title. They played and beat three teams; Frostburg State (3-1), Neumann (3-2), and Bridgewater (3-1).

On Saturday, the team took on Neumann and made an impressive comeback to come from down two sets to get the win. After losing the first two sets 22-25 and 18-25, they won the next three 25-18, 25-19, and 15-9.

In that match, Kayla Confer '15 totaled 19 kills, along with Greta Weidemoyer '17 adding 13 of her own. Defensively, Jess Finlayson

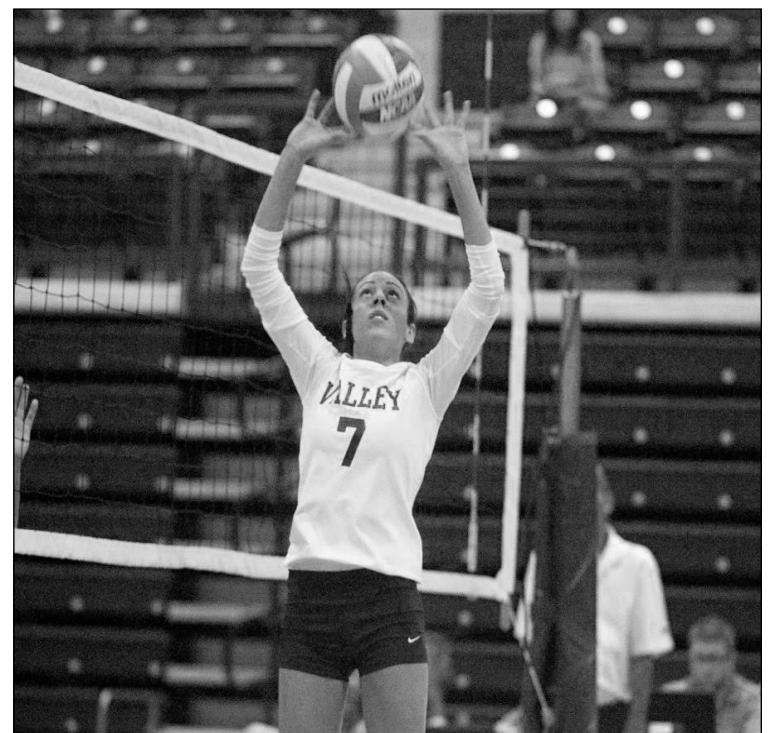
'14 led with 13 digs.

After recovering from their first win of the day and second of the tournament, the Dutchmen came after Bridgewater to decide the champion of the quad. Although they lost the first set 17-25, they rallied once again to win the next three by scores of 25-13, 25-19, and 25-15.

Weidemoyer was a valuable asset in this match as well, tallying four of the Valley's seven block assists. Alli Quirk '15 came up big on offense with 12 kills.

Throughout the day, the big statistic goes to Kacey Musselman '15, who added up 42 assists.

The team will travel to Towson, MD for the Goucher Tournament on Friday.



CHAMPS Kacey Musselman had a team-high 42 assists in the quad.

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SPORTS

Sykes keeps shutting
teams out p. 7



Bridgewater Quad title for
volleyball team p. 7

All LVC in the win column Saturday

Men's soccer 3-0 win is among the rest of LVC teams that won on the weekend



BACK ON TRACK Garth Stefan '14, pictured above, was named this week's CC Player of the Week.

CODY MANMILLER '16
STAFF WRITER

After going through a bit of a rough patch, the Valley's men's soccer team is seemingly back on track.

They suffered their first loss to Eastern, but have recovered after a tie against Susquehanna and followed that up with a victory over Wilkes.

On the road, LVC took on a Susquehanna team that was ranked 25th in the nation. After falling behind in the first half, the Dutchmen took control of the game in the second half. They controlled possession and were peppering Susquehanna with shots, looking for the equalizer. Finally, in the 67th

minute, LVC had a corner kick.

Kyle Fronk was able to win the header that bounced off the crossbar. Jimmy Fisher was in the right place at the right time and finished the rebound with his left foot. After Fisher's goal, the teams played to a 1-1 draw.

James Clements made seven big saves for Lebanon Valley.

After a good performance at Susquehanna, the Valley came home to Herbert Field to play Wilkes. Wilkes entered the matchup with a 6-1 record.

From the get-go, the Dutchmen were in control of the game. Garth Stefan scored first for LVC in the 10th minute, his second of the season. Josh Ferguson drove a low cross through the box to Stefan who

took a touch and calmly slotted the ball in the left corner of the net. Less than 15 minutes later, Joe Gallagher made it 2-0 after he put the ball perfectly in the top right corner. Josh Ferguson and Garth Stefan were both given assists on the play.

After the half, LVC took over right where they left off with a third goal, this one coming from last year's Conference Rookie of the Year, Cam Alexander. The goal was Alexander's second on the year. The Dutchmen cruised to a 3-0 win to improve to 5-1-2 on the year.

This week, the men's team travels to Misericordia on Wednesday and then to DeSales University on Saturday.

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Jordann Ferguson pumps his fist during a game vs. Centenary.